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This service is for general distribution of information and news to Sailors and Marines and their families, civilian employees, and retired members of the Navy and Marine Corps and their families. Further dissemination of this information is encouraged.

Stories for this week are:

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Headline: ENTERPRISE Hosts At-Sea Health Fair

In the Red Sea--Health-related static displays, demonstrations and information tables replaced aircraft in Hangar Bay Two on board USS ENTERPRISE recently as the carrier held its first at-sea health fair.

In some cases, it was curiosity that led Sailors to the fair. In others, it was a genuine desire to get information on how to live healthier, more productive lives. Whatever their reasons, hundreds of crew members attended the fair and received helpful information on topics ranging from physical fitness to emotional and spiritual health.

The "Happy Holidays Health Fair" kicked off ENTERPRISE'S new health promotion program. The goal of the program, called "Health 'E' Life 2000," is to integrate shipboard specialists into one unit designed to be responsive to a Sailor's various medical, physical and spiritual needs, said CDR Charles Barker, MC, ENTERPRISE'S senior medical officer and command health promotion program coordinator.

"We've always had a medical department, CAAC, DAPA, religious ministries department, family advocacy, and others, but they've always been separate entities acting

independently of each other," said Barker. "We believe the whole of this new program will be much more effective than the sum of its parts."

Barker said the health fair drew attention to the program and heightened the crew's awareness that a healthy life consists not only of physical and emotional health, but also spiritual health.

SMSN Jason Williams often works near the flight deck during flight operations. The roar of jet engines is extremely loud. He came to the health fair to get fitted for small rubber earplugs to replace the large, bulky "Mickey Mouse ears" he normally wears.

While he was in line to get fitted, Williams said he noticed the nearby dental department table, where large mounted photographs displayed in gruesome detail the adverse effects of gum cancer brought on by smokeless tobacco. Williams, an avid user of smokeless tobacco, said the photos helped strengthen his resolve to quit.

"I'd been trying to quit for a while," he said. "But seeing those pictures grossed me out so much I'm going to try extra hard not to dip any more. I don't want to end up like that."

ABHAN Emerson Bermudez spends his work days using a dolly to move equipment. He said he enjoys his job, but sometimes hours spent bending over the dolly gives him backaches. He spent the majority of his visit to the health fair at the ship's safety department's back pain prevention table.

"I sat down and watched a great video on how to prevent backaches," he said. "I learned a few good back stretches and exercises I can do to strengthen my back."

PC2 Timothy Lyon wasn't thinking of improving his working environment when he went to the health fair.

"I needed to get re-qualified in CPR," he said. "The marathon CPR training evolution during the health fair was the perfect opportunity."

Lyon joined dozens of other ENTERPRISE Sailors in watching a 20-minute CPR film. Then they were given a CPR demonstration followed by a question and answer session with a qualified instructor. After that, each participant went through various scenarios and performed life-saving techniques on mannequins to demonstrate their proficiency.

During the training, Lyon said he realized another good reason for learning CPR. "During the upcoming holiday period, I'm going to be around a lot of family and friends," he said. "If anyone were to choke or have a heart attack, I like knowing I can help keep them alive."

Another issue addressed at the fair was substance abuse. CAAC and DAPA had tables set up to teach Sailors about drug and alcohol abuse and show them the effects these substances can have on their bodies.

At the religious ministries department table, counselors answered questions about emotional and spiritual health. Topics included stress management, anger

management, marriage enrichment, and suicide prevention.

A representative from ENTERPRISE'S family advocacy was also present to answer questions and provide information on domestic violence prevention.

The health fair also kicked off ENTERPRISE'S new weight control program. Experts were on hand to answer questions about nutrition and sign up crew members interested in weight loss classes. They also provided information on cholesterol and hypertension, and checked blood pressure.

PNSN Carl Erickson took advantage of the opportunity to evaluate his overall health.

He filled out a "Fit to Win" health risk appraisal, which is a computer-graded form designed to give people a good idea of their health status.

"The test and all the handouts I picked up gave me lots of useful information," he said. "The health fair would have been worthwhile even if only a few people learned something they could use to help themselves, but I think everyone that came out today learned a lot. I know I did."

By JO2 Art Picard, USS ENTERPRISE

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Headline: Pizza Takes Sting Out of Flu Shots

Colts Neck, NJ--How do you get kids to ask their parents to bring them in for a shot? That was the question LCDR David Mater, MSC, and CDR Harold Larouche, MC, pondered with the onset of the flu season.

Mater, the officer in charge, and Larouche, the senior medical officer of the branch clinic at Naval Weapons Station Earle, NJ, apparently found the answer--pizza!

While flu shots were being provided daily within the clinic, more than 74 youngsters showed up with their parents one evening in response to offers of free pizza, soda--and a flu shot.

Instead of tears, there was a line of smiling children, sporting their flu shot sticker, all waiting for pizza and a showing of "Winnie the Pooh" on video.

According to Mater, the special evening clinic benefited the children and parents alike. Working parents didn't have to take time off from work, and children didn't have to be taken out of school.

"This more customer-friendly approach has led to more than eight times the number of family members coming in this season to be immunized than last year," said Mater.

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Headline: Norfolk's Exchange Optometry Clinic an Eye-Opener

Norfolk, VA--The success of the Norfolk Navy Exchange's optometry clinic is such an eye-opening experience that the Navy Exchange Service Command is setting up 13 more.

Five clinics have already opened, including one in Naples, Italy.

The Navy Exchange stepped in to provide the service, which some family members and retirees have found difficult

to get at military treatment facilities. Base Commanders must make a request of Navy Exchange officials before the clinics can be established. Exchange officials must, in turn, get approval from the Defense Department as well as Congress.

The clinics offer comprehensive eye exams with prescriptions for glasses. The shops also sell contact lenses. On average, prices are 10 to 15 percent less than at civilian optometry clinics.

Other clinics are planned for the following locations:

- Naval Submarine Base New London, CT
- National Naval Medical Center Bethesda, MD
- Naval Air Station Jacksonville, FL
- Naval Training Center Orlando, FL
- Naval Base Pearl Harbor, HI
- Naval Air Station Moffett Field, CA
- Naval Air Station Memphis, TN
- Naval Air Station North Island, CA
- Naval Station Annapolis, MD

The Army and Air Force Exchange has also opened optometry clinics.

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Headline: NAS Jacksonville Wins Gold For Healthy Lifestyle
Jacksonville, FL--Naval Hospital (NH) Jacksonville's Wellness Center has helped make Naval Air Station (NAS) Jacksonville one of the healthiest places to work in the United States -- and they've got the gold to prove it.

NAS Jacksonville received a gold award from the Wellness Councils of America (WCA), a national not-for-profit organization dedicated to promoting healthier lifestyles. One way it does this is to recognize organizations that design and implement effective wellness and health promotion programs for their employees.

Last year, NAS Jacksonville received the bronze award from WCA. This year, because of its ongoing dedication to improving the health of its employees, NAS Jacksonville won a gold, WCA's highest award.

"The real winners of this award are the men and women whose lives changed through wellness programs," said LCDR Lisa Leiby, NC, health educator at the Wellness Center.
By CDR Deborah McKay, NC, NH Jacksonville

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Headline: Pharmacy Homepage Reaches Out Internationally
Cyberspace--When Navy pharmacists established their own Homepage several months ago, its purpose was to get information about the Navy's pharmacy to Navy and Department of Defense institutions and beneficiaries.

Little did they know it would also be a conduit to improve international understanding.

Several weeks ago, CAPT David R. Woker, MSC, the Navy's pharmacy specialty advisor, received an e-mail via the pharmacy's Homepage. It was from LCDR Javier Alafaro, a

pharmaceutical officer in the Spanish Navy who is the chief of their drug testing laboratory in the Madrid.

"I would like to know if it is possible to have the e-mail address of any drug testing laboratory of the U.S. Navy in order to contact through the Net. It would be very interesting for me if it could be possible," wrote Alafaro.

Since then, Woker has communicated with Alafaro twice -- once to give him e-mail addresses to Navy drug testing labs, and once regarding Alafaro's offer of help to improve the Homepage.

"Since then, I've gotten messages from three different countries," said Woker.

Perhaps what makes the Pharmacy Homepage so popular internationally is that in addition to English, the page is published in Spanish, German and French.

"(Alafaro) offered to help us with the Spanish translation on our Homepage," said Woker. "It's a computerized translation, which isn't perfect. There's nothing like a native speaker to make it better."

The Pharmacy's Homepage address is

<http://support1.med.navy.mil/navyphar/>.

By Jan Davis, Bureau of Medicine and Surgery

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Headline: TROA Awards Interest-Free Loans

Alexandria, VA--More than 850 students will receive interest-free loans of \$2,500 for next year, thanks to The Retired Officers Association (TROA) Educational Assistance Program.

The loans are awarded annually for up to five years of undergraduate study to dependent children of TROA members (active duty, Reserve, National Guard and retired officers and warrant officers) and their surviving spouses.

Dependent children of enlisted members of the Army, Navy, Air Force, Marine Corps, Coast Guard, U.S. Public Health Service, and National Oceanic and Atmospheric Administration are also eligible for consideration.

Awardees must be unmarried and under the age of 24. Qualified students with a grade point average of 3.0 or better on a 4.0 scale are selected on their scholastic ability, potential, character qualities, participation in extracurricular and community activities, as well as financial need.

Of the 860 students receiving loans last year, 174 received a \$500 grant in addition to the loans. All students awarded loans were automatically considered for the grants.

For applications for the 1997-98 school year, write to TROA Educational Assistance Program Administrator (09D), 201 N. Washington St., Alexandria, VA 22314-2539 or call 1-800-245-TROA, Ext. 169 or e-mail schol@troa.org. Applications must be postmarked by 1 March 1997.

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Headline: Navy Healthcare Executive Symposium Scheduled
The Lewis E. Angelo Professional Symposium (LEAPS), held annually to provide a forum for Navy, Coast Guard and Public Health Service health care executives, will be held 2-6 March 1997.

The event will be held at the Swissotel in downtown Chicago.

A variety of activities will be offered, including guest speakers, demonstrations, and opportunities to speak with MSC detailers.

Attendees are invited to participate in the annual poster session. This year's theme is "Celebrating Our Successes." Abstracts regarding poster presentations should be submitted by 1 January 1997. For information about the poster session, contact LCDR Diane Hoover, MSC, at DOD Health Affairs, (703) 681-8448, DSN 761-8448.

The Charles R. Loar Literary Award will be presented during the symposium to recognize excellence in professional and technical writing. For information about the award and how to submit a paper, contact LCDR Lyn Hurd, MSC, at National Naval Medical Center Bethesda, (301) 295-1216, DSN 295-1216.

Every year the symposium recognizes outstanding MSC officers with the Sustained Executive Excellence Award and the Young Healthcare Executive Award. For information about awards, contact LCDR Rod Meiboom, MSC, Navy Liaison Office St. Louis, MO, (314) 538-3132.

LEAPS is held at the same time as the American College of Health Care Executives (ACHE) Congress. Personnel assigned to non-claimancy 18 activities are eligible to receive funding for LEAPS and the ACHE Congress through BUMED and the Naval School of Health Sciences. Contact CDR Marty Young, MSC, Naval School of Health Sciences, (301) 295-0624, DSN 295-0624 for funding information.

Symposium information and registration is available on the MSC Homepage at <http://support1.med.navy.mil/bumed/>. If you don't have Internet access or for more information on registration, contact LCDR Gina Niziolek, MSC, Office of the Secretary of the Navy, (703) 693-0239, DSN 223-0239.

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Headline: New CT X-Ray Scan Can Reduce Unnecessary Surgeries
Chicago--A radiologist from Massachusetts General Hospital in Boston introduced a new technique recently that can reduce unnecessary appendectomies.

Dr. Patrick Michael Rao, head of radiology at the hospital, spoke at the Radiology Society of North America in Chicago on Tuesday, 3 December.

The technique, which Rao called FACT, for focused appendix CT scan, is a modification of a standard CT scan X-ray that is available at most large hospitals. It involves using dye to define the lower right area of the abdomen, where the appendix is usually found.

According to Rao, the radiology team at Massachusetts

General was able to accurately diagnosis 98 percent of all appendicitis cases.

Besides saving patients from unnecessary surgeries, FACT is quicker and patients receive only about a third of the radiation they would receive from a full abdominal CT scan. FACT is also cheaper than a full CT scan -- and only a fraction of the cost of an appendectomy.

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Headline: TRICARE Question & Answer

Q. I've been enrolled in TRICARE Prime for nearly a year and I just received a re-enrollment notice. If I'm enrolled already, do I have to enroll again?

A. Because you have a choice with TRICARE, you have to take action if you wish to continue being enrolled in TRICARE Prime. If you do not re-enroll, the TRICARE contractor will assume you wish to use TRICARE Extra or TRICARE Standard as your health care option.

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Headline: Healthwatch: Eight Ways to Reduce Your Risk of Breast Cancer

Breast cancer is one of the most-feared diseases among women. Its direct causes are unknown, but researchers have found that several lifestyle-related behaviors are linked to an increased risk of the disease.

"Interestingly, the factors that appear to promote breast cancer also create higher risks for a variety of problems, including heart disease, diabetes, stroke, and other kinds of cancer," said Rita Baron-Faust, author of "Breast Cancer: What Every Woman Should Know." Baron-Faust wrote the book in collaboration with the physicians at the New York University Medical Center's Women's Health Service and Kaplan Comprehensive Cancer Center in New York.

Breast cancer risk seems to be tied to the amount and activity of estrogen in the body. Unhealthful behaviors, such as smoking, drinking and a sedentary lifestyle can promote excessive estrogen production or increase the hormone's effects on the body. Avoiding these behaviors helps reduce your risk.

These eight steps may help reduce your risk of breast cancer and improve your overall health:

--Avoid high-fat foods. Evidence suggests that fat plays a role in the development of breast cancer. Studies have also linked high-fat diets to ovarian, prostate and colon cancers, which, like breast cancer, are affected by hormones.

--Eat high-fiber foods. Foods that are high in fiber, such as beans, bran, whole grains, fruits and vegetables, help prevent breast cancer by removing excess estrogen from the body or reducing estrogen's activity. They also reduce the risk of heart disease and colorectal cancer.

--Don't smoke. Smoking is known to cause lung cancer, and new evidence also links it to breast cancer. One study

of 3,200 women found smokers were 60 percent more likely to develop breast cancer than nonsmokers.

--Maintain a healthful weight. Excess weight is linked to breast cancer because extra fat tissue produces more estrogen, which increases the level of available estrogen in the body. Excess fat also causes your body to metabolize estrogen less efficiently.

--Do aerobic exercise regularly. One study of 1,000 women under age 40 found those who exercised at least four hours a week lowered their risk of breast cancer by 60 percent. Those who worked one to three hours a week lowered their risk by 30 percent.

--If you drink alcohol, do so in moderation. More than 40 studies have linked alcohol abuse to an increased breast-cancer risk.

--Weigh the benefits and risks of birth-control pills and post-menopausal hormone-replacement therapy. Both put more estrogen into your body, but both have benefits that could outweigh the risks.

Birth control pills raise estrogen levels and carry increased risk of stroke, especially for smokers; however, they stabilize hormones, cut the risk of ovarian cancer and the risk of pregnancy.

Hormone-replacement therapy may lead to a higher risk of breast cancer for some women, but it also significantly reduces the risk of heart attack and osteoporosis.

--Do monthly breast self-exams and have your doctor perform an annual clinical breast exam. If you're over 50, most health care providers recommend a yearly mammogram. If you're between 40 and 50, you should discuss your mammogram plans with your health care provider. If you're under 40, your doctor may suggest a mammogram if you have a family history of breast cancer.

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail address mednews@bms200.med.navy.mil, telephone 202/762-3223, DSN 762-3223, or fax 202/762-3224.

